



School Food Standards 2027

Primary – whole school day standards

A good meal or a nutritious breakfast can set a child up for the day - helping them to concentrate, learn and thrive. The updated standards encourage a wider variety of nutritious choices, helping pupils discover new foods and build healthy habits for both now and in the future.

Go to <https://www.gov.uk/government/collections/school-food-standards> for more guidance.



Fruit and vegetables

Every main item* **must** include a portion of vegetables or salad

All starters and desserts must include a 40g portion of fruit or vegetables

At least 3 different fruits and 3 different vegetables each week

Fruit or vegetables must be available wherever food is sold in schools



Foods high in fat, sugar and salt

No more than 2 foods from this list may be served each week and foods from any 1 of these groups may only be served once each week:

- Batter-coated or breadcrumb-coated foods
- Foods containing pastry
- Processed meat, meat/poultry products

No deep frying of the final dish

The only permitted snacks are plain fruits, vegetables, savoury crackers, breadsticks, yoghurt/plant-based versions (as per the dairy food group) and houmous

No confectionery, sweets, chocolate or products containing chocolate

Sweetened baked products are limited to once each week – they must include a portion of fruit or vegetables

Sauces, condiments jams, marmalades and spreads may be provided in 10g or 1 teaspoon portions. Additional product restrictions apply (see guidance)

Salt, sugar or honey must not be available to add to food or drinks after preparation

No foods or drinks to contain sweeteners



Meat, fish, eggs, pulses and non-dairy sources of protein

Every main item* **must** contain a portion of protein

Meat, poultry or pulses must be provided on 3 or more days each week

One vegetarian menu option must include a portion of pulses on at least 3 days each week

Main items* including cheese must be limited to no more than 2 portions each week

Oily fish must be served at least once every 3 weeks where meat and fish are provided

Pulses should be included within or alongside all main items at least once each week

Meat and fish alternative products must be limited to no more than 2 portions each week



Milk and dairy

A portion of dairy food or a fortified plant-based product **must** be available every day

Semi-skimmed, skimmed, 1% or lactose free milk must be available for drinking at least once a day during school hours (except for some faith schools)

Fortified plain soya, oat and pea drinks (no sugar/sweeteners) may be made available for drinking at least once a day during school hours

Dairy yoghurts, fromage frais, custard and rice pudding to be less than 10g/100g total sugar and not contain sweeteners

Fortified plant-based yoghurts to be less than 7g/100g total sugar and not contain sweeteners



Starchy food

Every main item* **must** include a starchy carbohydrate

Three or more different starchy foods each week

All pasta dishes served on at least one day each week must contain at least 50% wholewheat pasta.

Starchy food cooked in fat or oil served no more than 2 times each week and only as part of a meal

Bread must be available every day and contain at least 4g/100g fibre (or at least 50% wholemeal flour), and no more than 5g fat/100g



Healthier drinks

Free, fresh drinking water at all times

All drinks must be unflavoured and unsweetened

The only drinks permitted are:

- Plain water (still or carbonated)
- Semi-skimmed, skimmed, 1% or lactose free milk
- Plain fermented milk (for example, yoghurt) drinks
- Plain soya oat and pea drinks fortified with these micronutrients: calcium, iodine, vitamin D, riboflavin, vitamin B12

Meal deals

Any meal deals must include:

- At least 1 portion of vegetables or salad

AND

- At least 1 portion of fruit

Meal deals can include drinks from the permitted drinks list

*Main item, including handheld items, means traditional meals (roast dinner, lasagne, vegetable curry, for example); sandwiches, baguettes, panini, salad boxes; and other savoury options such as baked potato, pizza, sausage rolls, chicken wings and pieces.